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Commonwealth of Massachusetts

Michael S. Dukakis, Governor
Executive Office of Human Services
Philip W. Johnston, Secretary



GOVERNMENT DOCUMENTS
COLLECTION

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FOOD

SERVICES

BUREAU OF SUPPORT SERVICES

Massachusetts Department of Youth Services

Edward J. Loughran, Commissioner

FOREWARD

A well run food service operation is essential to the success of programming efforts within DYS facilities. Sound menu planning, professional food preparation, and consideration of the wants and nutritional needs of our clients all contribute substantially to our ability to effectively serve the youths in our care.

Therefore, I am pleased to present our first manual of Summer and Winter, 4-week cycle menus and pertinent policies and procedures which were designed to ensure that we will continue to maintain a food service program of the highest quality.

Edward J. Loughran
Commissioner



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INTRODUCTION

This manual was developed by the Department of Youth Services' Food Services Division. Its primary purpose is to serve as a reference text for Food Service training in the Department. It provides a variety of suggestions for seven specific problem areas frequently encountered in the Departments' residential programs, namely: menu planning, food production, equipment utilization, sanitation, recordkeeping, personnel and public relations. The manual follows a format of identifying specific problems within each category and offers possible solutions for on-site training. It is designed in outline form as a quick reference although it is not all inclusive; it offers numerous measures to eliminate experienced difficulties. It is hoped that the manual will encourage new ideas for training food service personnel.

Nicholas Hideriotis, Director
Food Service/Vocational Training

TABLE OF CONTENTS

Introduction

Special Diets - Medical Needs

Chapter I - Menus

Winter Menus

Summer Menus

Suggested Menu Changes

Holiday Menus

Ethnic & Religious Menus

Chapter II

Requirements of School Lunch Program

Introduction

Milk

Portion Sizes

Sources of Vitamin A, C and Iron- Winter

Sources of Vitamin A, C and Iron - Summer

Chapter III

Meal Scheduling Policy

Box Lunch

Sugar, Salt, Fat Content of Meals

Staff Policy Meal Tickets

INTRODUCTION

THIS FOUR WEEK CYCLE MENU HAS BEEN DEVELOPED FOR USE AT THE MASSACHUSETTS DEPARTMENT OF YOUTH SERVICES' RESIDENTIAL UNITS. THE MENUS WERE PLANNED TO MEET:

- a. THE RECOMMENDED DAILY DIETARY ALLOWANCE FOR MALES FIFTEEN YEARS OF AGE AS SPECIFIED BY THE NATIONAL RESEARCH COUNCIL NATIONAL ACADEMY OF SCIENCES, 1980. NUTRITIONAL REQUIREMENTS OF MALES AND FEMALES TEN TO EIGHTEEN YEARS OLD WILL BE COVERED AT THESE LEVELS.
- b. THE REQUIREMENTS OF THE NATIONAL SCHOOL LUNCH AND BREAKFAST PROGRAM, 1983.

CAREFUL CONSIDERATION HAS ALSO BEEN PAID TO:

- a. THE DIETARY GUIDELINES FOR ALL AMERICANS PUBLISHED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE AND THE UNITED STATES DEPARTMENT OF HEALTH AND HUMAN SERVICES, 1980.
- b. A FOOD PREFERENCE SURVEY OF RESIDENTS OF THE DEPARTMENT OF YOUTH SERVICES "WORCESTER SHELTER CARE UNIT, 1985."
- c. COLLECTIVE RECOMMENDATIONS AND SUGGESTIONS FROM THE DIRECTOR OF FOOD SERVICES, SUPRVISOR OF CAFETERIAS AND FROM OTHER UNITS OF THE DEPARTMENT OF YOUTH SERVICES.

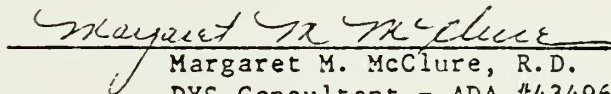
THESE MENUS WILL BE REVIEWED AND REVISED IF NECESSARY ON AN ANNUAL BASIS.

MENUS PLANNED BY:



Nicholas Hideriotis,
Director of Food Services/
Vok. Ed. Administrator

MENUS REVIEWED FOR
NUTRITIONAL ADEQUACY:



Margaret M. McClure, R.D.
DYS Consultant - ADA #434961 4/25/85

ACCEPTED FOR USE BY
DEPARTMENT OF YOUTH SERVICES:

Assistant Commissioner;
Bureau of Facility Operations
Assistant Commissioner;
Bureau of Community Services
Director; Bureau of Support Services

ACCEPTED FOR USE AT:

1. Sheltercare Units
2. Seucure Detention
3. Secure Treatment Units
4. Aftercare - Overnight Arrest and Private Vendors

DEPARTMENT OF YOUTH SERVICES

BUREAU OF SUPPORT SERVICES

FOOD SERVICE PROGRAM

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Lawrence J. Feeney	Director; Bureau of Support Services	727-7575	298
Nicholas Hideriotis	Director; Food Services and Vocational Education	727-7575	274
Justin Power	Vocational Education, Equipment Purchases, Public Health Administrator	727-7575	274
Edward Adams	Food Warehouse, Government Commodities, Food Purchases Administrator	727-7506 366-1900	48 48
Nutritional Consultant	Available	727-7575	274
	Food Service Vocational Education Program	727-7575	274

DEPARTMENT OF YOUTH SERVICES
STATE AND VENDORED UNITS

DYS YOUTH CENTERS

Judge Connelly Youth Center
450 Canterbury Street
Roslindale, MA 02131
#48 - 6 cooks

Central Youth Service Center
Lyman Street, Sharp Building
Westboro, MA 01581
#46 - 5 cooks

Metropolitan Youth Service Center
Boston State Hospital
591 Morton Street
Dorchester, MA 02124
#52 - 6 cooks

Western Youth Service Center
280 Tinkham Road
Springfield, MA 01129
#30 - 5 cooks

DYS SECURE UNITS

Worcester Secure Treatment Unit
363 Belmont Street
Worcester, MA 01604
#18 - 3 cooks

DYS DETENTION UNITS

Westfield Detention Center
51 East Mountain Road
Westfield, MA 01085
#25 - 2 cooks

Charlestown YMCA - DYS
32 City Square
Charlestown, MA 02129
#16 - NO COOKS

Shelter Care Unit - Hale Building
Worcester State Hospital
305 Belmont Street
Worcester, MA 01604
#19 - 3 cooks

Ledgewood Short Term Unit
1000 Harvard Street
Mattapan, MA 02126
#16 - 3 cooks

DYS GIRLS DETENTION

Brockton Y - DYS
465 Main Street
Brockton, MA 02401
#8 - 1 cook

Rotenberg School
1100 Princeton Boulevard
North Chelmsford, MA 01863
#11 - 2 cooks

Pelletier Center
Cushing Hill Drive
Marlboro, MA 01752
#12 - 1 cook

Cameron House
5 Cameron Avenue
Somerville, MA 02144
#8 - 1 cook

Ledgewood Girls Unit
1000 Harvard Street
Mattapan, MA 02126
#5

DYS VENDORED UNITS

Andromeda House
1000 Harvard Street
Mattapan, MA 02126
#15

Anker House
23 Institute Road
Worcester, MA 01609
#12

Aquarius House
182 A Greenfield Road
Colrain, MA 01340
#6

VENDORED UNITS

Alpha Omega
P.O. Box 922
544 Newton Road
Littleton, MA 01460
#12

Robert F. Kennedy School
P.O. Box 552
Westboro, MA
#15 - 1 cook

Bishop Ruocco
308 Highland nvenue
Lakeville, MA 02346
#12

Grafton Girl's House
c/o The Key Program
104 Grove Street
Worcester, MA 01605
#8 - 1 cook

Old Colony Council, B.S.A.
2438 Washington Street
Canton, MA 02021
#12 -

Old Colony YMCA
320 Main Street
Brockton, MA 02401
#28

Littleton House
P.O. Box 2335
Littleton, MA 01460
#12 - 1 cook

Old Colony YMCA
320 Main Street
Brockton, MA 02401
#28

Project RAP
3 Broadway
Beverly, MA 01915

Roxbury Multi-Service Center
317 Blue Hill Avenue
Roxbury, MA 02119

Roxbury
Hillside
#24

Our House
139 Shelburne Road
Greenfield, MA 01301
#12

Pilgram Center
140 Adams Street
Braintree, MA 02184
#32

735 House
18 Lafayette Street
Wakefield, MA 01880
#10

Camp Squanto
P.O. Box 931
So. Carver, MA 02366
#12

Introduction

This menu planning guide is to help you in school food service plan and serve acceptable school meals that meet food needs. It is in tune with today's challenges to serve nutritious food, give a good image, provide choices, consider the likes and dislikes of those served, and decrease plate waste. The publication covers the philosophy and principles of good menu planning; Federal requirements, recommendations, and policies; methods of menu planning; and merchandising techniques for promoting good nutrition.

The National School Lunch Act of 1946 established the National School Lunch Program to safeguard the health and well-being of our Nation's children. The program is designed by Congress as a means of (1) providing nutritious, reasonably priced lunches to school children and children in residential child care institutions, (2) contributing to a better understanding of good nutrition, and (3) fostering good food habits. School food service has become a basic part of the nutrition and education program of the Nation's schools. The growing School Breakfast Program has further expanded this role.

School food service is a unique and important market for food. It reflects advances in knowledge of food, nutrition, and food service management and is full of opportunities to try new ideas. It presents an exciting challenge to maintain and improve the quality of school meals.

When planning menus, keep in mind the following general points:

- The menu is the focal point of the school lunch and breakfast programs. It is the basis for all activity in these programs from planning to purchasing, to production, to service and cleanup and to the ultimate satisfaction of students' appetites.
- The menu is a management tool. Successful management of the school lunch and breakfast programs starts with menu planning. The quality of the meal and success of the programs depend on the knowledge and skill of the menu planner. The menu planning activity also provides an opportunity for nutrition education and for involving students, parents, and school personnel in the school lunch and breakfast programs.

INTRODUCTION (continued)

Recommended Dietary Allowances for Children and Youth

Age (Years)	Males and Females		Males		Females	
	4-6	7-10	11-14	15-18	11-14	15-18
Energy (kcal)	1700	2400	2700	2800	2200	2100
Protein (g)	30	34	45	56	46	46
Vitamin A (mcg—RE)	500	700	1000	1000	800	800
Vitamin D (mcg)	10	10	10	10	10	10
Vitamin E (mg—αTE)	6	7	8	10	8	8
Ascorbic acid (mg)	45	45	50	60	50	60
Folate (mcg)	200	300	400	400	400	400
Niacin (mg—NE)	11	16	18	18	15	14
Riboflavin (mg)	1.0	1.4	1.6	1.7	1.3	1.3
Thiamin (mg)	0.9	1.2	1.4	1.4	1.1	1.1
Vitamin B ₆ (mg)	1.3	1.6	1.8	2.0	1.8	2.0
Vitamin B ₁₂ (mcg)	2.5	3.0	3.0	3.0	3.0	3.0
Calcium (mg)	800	800	1200	1200	1200	1200
Phosphorus (mg)	800	800	1200	1200	1200	1200
Iodine (mcg)	90	120	150	150	150	150
Iron (mg)	10	10	18	18	18	18
Magnesium (mg)	200	250	350	400	300	300
Zinc (mg)	10	10	15	15	15	15

(From Food and Nutrition Board. Recommended Dietary Allowances. Washington, DC, National Academy of Sciences/National Research Council, 1963)

The Type A School Lunch Guide to the Amounts of Food for Boys and Girls of Specified Ages

Pattern	Pre-school children (3 up to 6 years)	Elementary school children		Secondary schools boys and girls (12 up to 18 years) ¹
		6 up to 10 years	10 up to 12 years (Type A lunch)	
Meat and/or alternate: One of the following or combinations to give equivalent quantities: Meat, poultry, fish Cheese Egg ² Cooked dry beans and peas Peanut butter	1½ ounces 1½ ounces 1 ¼ cup 2 tablespoons	2 ounces 2 ounces 1 ½ cup 3 tablespoons	2 ounces 2 ounces 1 ½ cup 4 tablespoons	3 ounces 3 ounces 1 ¾ to 1½ cups 4 to 5 tablespoons
Vegetable and/or fruit ³	½ cup	¾ cup	¾ cup	1 to 1½ cups
Bread ⁴	½ slice	1 slice	1 slice	1 to 3 slices
Milk	¾ cup ⁵	½ pint	½ pint	½ pint

¹ When a range in amounts is given, the smaller amounts are suggested for girls and the larger amounts for older boys. An amount midway between the amounts shown is suggested for younger boys.

² When egg is served as the main dish in the lunch, use in addition a half portion of meat or other meat alternate for all children except those 3 up to 6 years.

³ Must include at least two kinds.

⁴ Or a serving of cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour.

⁵ If this is impractical, serve ½ pint.

Remember, The amounts of foods for all age groups, except 10 up to 12 years, are intended as guides and their literal use is not mandatory.

Nutrition and Your Health Dietary Guidelines for Americans

1

Eat a Variety of Foods

2

Maintain Ideal Weight

3

Avoid Too Much Fat, Saturated Fat, and Cholesterol

4

Eat Foods with Adequate Starch and Fiber

5

Avoid Too Much Sugar

6

Avoid Too Much Sodium

7

If You Drink Alcohol, Do So in Moderation

SPECIAL DIETS POLICY

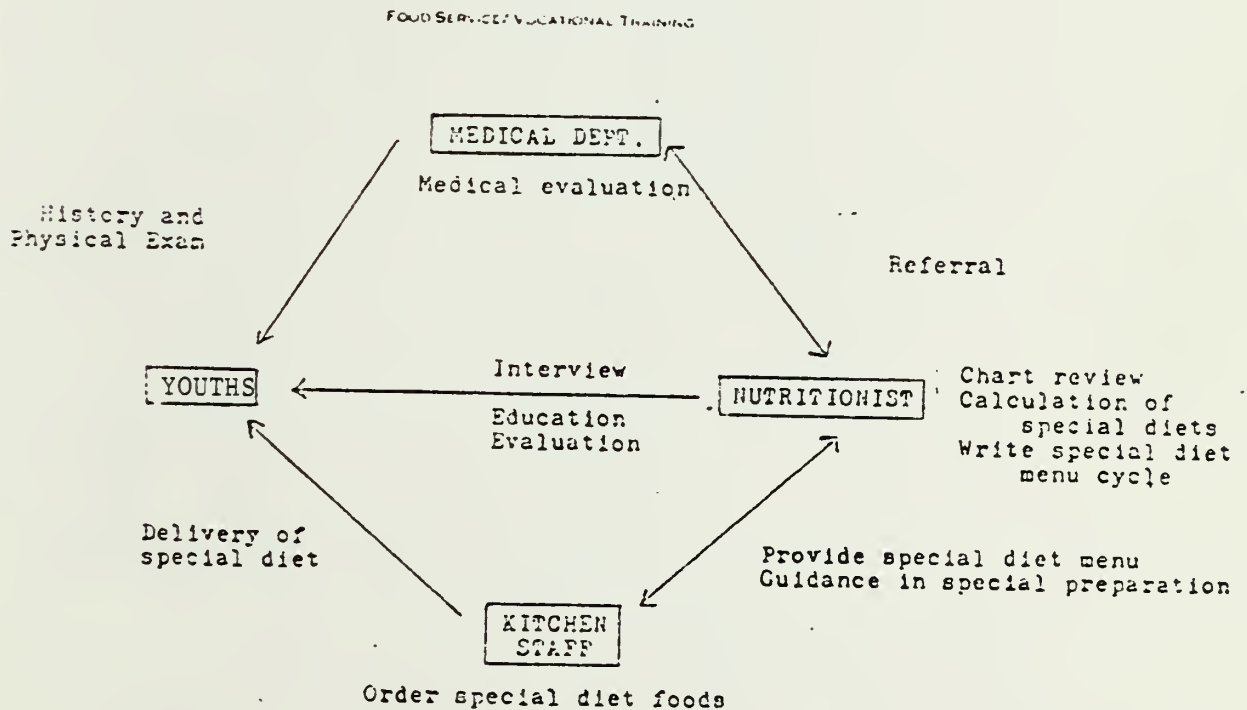
CERTAIN RESIDENTS MAY REQUIRE A VARIANT FROM THE ESTABLISHED MENU OF THE FACILITY. THE FOLLOWING POLICY ADDRESSES THESE EXCEPTIONS.

SPECIAL MEALS SHALL BE PROVIDED BY KITCHEN PERSONNEL TO RESIDENTS WITH MEDICAL NEEDS. THESE DIETS SHALL BE PRESCRIBED BY THE MEDICAL STAFF IN WRITING AND APPROVAL BY THE SUPERINTENDENT PRIOR TO ENACTMENT. AFTER APPROVAL, KITCHEN STAFF AND MEDICAL STAFF SHALL VERIFY THE GUIDELINES OF THE DIET WITH REGARDS TO THE RESIDENT'S SPECIAL NEEDS, AND FEASIBILITY OF COMPLIANCE BY THE KITCHEN STAFF.

UNDER CERTAIN CONDITIONS, SPECIAL DIETS SHALL BE PROVIDED FOR RESIDENTS WHOSE RELIGIOUS BELIEFS REQUIRE THEM. ONLY THE SUPERINTENDENT CAN APPROVE THESE REQUESTS. COMPLIANCE TO THESE REQUESTS WILL DEPEND ON THEIR FEASIBILITY WITH REGARDS TO KITCHEN OPERATIONS.

ALL SPECIAL DIETS SHALL BE REVIEWED ON A WEEKLY BASIS BY THE HEAD COOK AND MEDICAL STAFF WHEN IT IS PERTINENT.

IT IS THE RESPONSIBILITY OF THE INTAKE STAFF TO NOTIFY THE KITCHEN AND MEDICAL STAFF OF ANY FOOD ALLERGIES AND INTOLERANCES WHEN THE CLIENT IS FIRST ACCEPTED INTO THEIR UNIT.



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MENU



SUMMER MENU
WEEK 1

BREAKFAST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POACHED EGG SPECIAL K TOAST MARGARINE MILK BANANA	SCRAMBLED EGG RAISIN TOAST MARGARINE JELLY APPLE JUICE MILK	FRENCH TOAST SYRUP RAISIN BRAN MARGARINE MILK FRESH ORANGE	CHEESE OMLET ENGLISH MUFFIN MARGARINE JELLY PINEAPPLE JUICE MILK	CORN FLAKES PANCAKES SYRUP MARGARINE MILK BANANA	TOTAL CEREAL FRIED EGG BACON WHEAT TOAST MARGARINE ORANGE JUICE MILK	RICE KRISPIES EGGO WAFFLES SYRUP MARGARINE APPLE JUICE MILK
LUNCH						COOKOUT
CHICKET BBQ POTATO SALAD CORN ON THE COB WATERMELON LEMONADE	BIG MAC FRENCH FRIES CHERRIES MILK	BOX LUNCH NECTARINE FRAPPE	TUNA SALAD BOWL WHEAT ROLL MARGARINE BLUEBERRY SHORT CAKE MILK	BLT SANDWICH PICKLES TOMATO JUICE MILK ICE CREAM	SYRIAN SAND- WHICH POTATO CHIPS CARROT STIX CHILLED APPLE- SAUCE STRAWBERRY FLAVOR MILK	HOT DOGS/ROLL HAMBURGERS/ROLL MACARONI SALAD COLE SLAW LETTUCE & TOMATO FRESH FRUIT BOWL MILK
DINNER						
AMERICAN CHOP SUEY MIXED GREEN SALAD ITALIAN BREAD MARGARINE MILK CHOICE OF PIE	BRAISED PORK CHOPS OVEN BROWN POTATOS SLICED BEETS WHEAT BREAD MARGARINE MILK CHOCOLATE PUDDING WITH TOPPING	VEAL PARMESAN ZITI WITH TOMATO SAUCE SALAD BAR GARLIC BREAD MARGARINE MILK SHERBET	BAKED HAM BAKED POTATO SKINS WITH SOUR CREAM MIXED VEGETABLES OATMEAL BREAD MARGARINE MILK FRESH STRAW- BERRIES	ROAST TURKEY GRAVY MASHED POTATO BUTTERNUT SQUASH CRANBERRY SAUCE DINNER ROLL MARGARINE MILK CRISP	MEAT LOAF RICE PILAF WAX BEANS OATMEAL BREAD MARGARINE MILK FOSTED CUP- CAKE	FRIED FISH STEAK HOUSE FRIES CARROTS WHITE BREAD MARGARINE MILK CHOCOLATE COOKIES

SUMMER MENU
WEEK II

BREAKFAST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPECIAL K POACHED EGG TOAST MARGARINE MILK BANANA	SCRAMBLED EGG RAISIN TOAST MARGARINE JELLY APPLE JUICE MILK	FRENCH TOAST SYRUP RAISIN BRAN MARGARINE MILK FRESH ORANGE	CHEESE OMELET ENGLISH MUFFIN MARGARINE JELLY PINEAPPLE JUICE MILK	CORN FLAKES PANCAKES SYRUP GRAPEFRUIT HALF MILK	TOTAL CEREAL FRIED EGG BACON WHEAT TOAST ORANGE JUICE MILK	RICE KRISPIES EGGO WAFFLES SYRUP APPLE JUICE MARGARINE
LUNCH						
CHICKEN BBQ POTATO SALAD FRESH CORN WATERMELON LEMONADE	MINESTRONE SOUP EGG SALAD ROLL FRESH PEACH	BOX LUNCH BANANA MILK	BBQ BONELESS SPARE RIB ON A BULKIE CELERY STUFFED WITH PEANUT BUTTER CITRUS SECTION MILK SHERBET	HAM ROLLS MARINATED CHERRY TOMATOS 3 BEAN SALAD FRENCH BREAD MARGARINE	FISH SANDWICH WITH CHEESE CUCUMBER SALAD FRESH PLUM FRAPPE	HOT DOGS/ROLLS HAMBURGERS/ROLLS MACARONI SALAD COLE SLAW TOMATO & LETTUCE FRESH FRUIT BOWL MILK
DINNER						
PEPPERONI PIZZA TOSSED SALAD ICE CREAM CONE MILK	ROAST BEEF GRAVY ROAST POTATO GREEN BEANS WHOLE WHEAT ROLL BLUEBERRY PIE MILK	HOT TURKEY SANDWICH MASHED POTATO WHOLE BABY BEETS CRANBERRY SAUCE OATMEAL COOKIE MILK	BEEF STEW HOT BISCUITS MARGARINE FROSTED WHITE CAKE MILK	KNOCKWURST BOILED POTATO CARROTS WHITE BREAD MARGARINE BROWNIE MILK	FRIED CHICKEN FRENCH FRIES LETTUCE WEDGE CHOICE OF SALAD DRESSING RASBERRY MOUSSE MILK	SPAGHETTI WITH SAUCE GARLIC BREAD MARGARINE APPLE CAKE MILK

SUMMER MENU
WEEK III

BREAKFAST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BANANA SPECIAL K CEREAL POACHED EGG TOAST MARGARINE MILK	SCRAMBLED EGG RAISIN TOAST APPLE JUICE MARGARINE JELLY MILK	RAISIN BRAN CEREAL FRENCH TOAST SYRUP MARGARINE FRESH ORANGE MILK	CHEESE OMLET ENGLISH MUFFIN MARGARINE JELLY PINEAPPLE JUICE MILK	CORN FLAKES PANCAKES W/ STRAWBERRIES SYRUP MARGARINE MILK	TOTAL CEREAL FRIED EGG BACON WHEAT TOAST ORANGE JUICE MARGARINE MILK	RICE KRISPIES EGGO WAFFLES SYRUP APPLE JUICE MARGARINE MILK
LUNCH						COOK OUT
CHICKEN BBQ POTATO SALAD FRESH CORN WATERMELON LEMONADE	TUNA GRINDER RELISH TRAY PINEAPPLE JUICE SHERBET MILK	BOX LUNCH APPLE COFFEE	FRIED CLAM ROLL FRENCH FRIES SPINACH SALAD MILK FRUIT CUP	REUBEN SAND- WICH POTATO CHIPS HALF SOUR PICKLES CANTALOUPE MILK	CHICKEN RICE SOUP CHEF'S SALAD BOWL DINNER ROLL MARGARINE GRAPES MILK	HOT DOGS/ROLLS HAMBURGERS/ROLLS MACARONI SALAD COLE SLAW LETTUCE & TOM- ATO FRESH FRUIT BOWL MILK
DINNER						
ROAST LAMB WITH GRAVY WHOLE IRISH POTATO WAX BEANS DINNER ROLLS MARGARINE VAN PUDDING WITH STRAWBERRIES MILK	BEEF STROGAN- OFF EGG NOODLES GREEN PEAS RYE BREAD MARGARINE PEACH SHORT- CAKE MILK	BAKED PORK CHOPS SCALLOPED POTATO BROCCOLI WHEAT BREAD MARGARINE CHOCOLATE CHIP COOKIES MILK	CHEESE LASAGNA ANTIPASTO FRENCH BREAD MARGARINE JELLO WITH TOPPING MILK	GLAZED CHICKEN LEG BAKED POTATO ZUCCHINI W/ TOMATO CASSEROLE WHITE BREAD MARGARINE BUTTERSCOTCH SQUARE MILK	BAKED SUFFED FISH MASHED POTATO GREEN BEANS ASSORTED BREAD MARGARINE TOP YOUR OWN SUNDAE MILK	BEEF TERIYAKI FLAVORED RICE CARROTS BREAD STIX MARGARINE GINGERBREAD WITH WHIPPED CREAM MILK

SUMMER MENU
WEEK IV

BREAKFAST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPECIAL K CEREAL POACHED EGG TOAST MARGARINE MILK BANANA	SCRAMBLED EGG RAISIN TOAST MARGARINE JELLY APPLE JUICE MILK	FRENCH TOAST SYRUP RAISIN BRAN CEREAL TOMATO JUICE MARGARINE MILK	CHEESE OMLET ENGLISH MUFFIN PINEAPPLE JUICE MARGARINE JELLY MILK	CORN FLAKES PANCAKES SYRUP MARGARINE MILK BANANA	TOTAL CEREAL FRIED EGG BACON WHEAT TOAST ORANGE JUICE MARGARINE MILK	RICE KRISPIES EGGO WAFFLES SYRUP APPLE JUICE MARGARINE MILK
LUNCH						COOK OUT
CHICKEN BBQ POTATO SALAD FRESH CORN WATERMELON LEMONADE	WHOLE TOMATO STUFFED WITH HAM SALAD CELERY AND CARROT STIX FRENCH BREAD MARGARINE MILK FRESH PEACH	BOX LUNCH MILK ORANGE	STEAK & CHEESE GRINDER PICKLES CRANBERRY JUICE HONEYDEW MELON MILK	CHICKEN MCNUGGETS FRENCH FRIES COLE SLAW MILK STRAWBERRIES	MANHATTEN CLAM CHOWDER SEAFOOD SALAD SANDWICH MILK FRUIT CUP	HOT DOGS/ROLLS HAMBURGERS/ROLLS MACARONI SALAD COLE SLAW LETTUCE & TOMATO FRESH FRUIT BOWL MILK
DINNER						
PORK CHOW MEIN NOODLES SNOW PEAS WHEAT BREAD MARGARINE MILK CHIFFON PIE	LONDON BROIL MASHED POTATO ASPARAGUS TIPS WHITE BREAD MARGARINE MILK CHOCOLATE CAKE	SHEPARDS PIE (LAMB) BROCCOLI DINNER ROLL MARGARINE BUTTERSCOTCH PUDDING MILK	EGGPLANT PARMESAN ANTIPASTO GARLIC BREAD MARGARINE MILK PEANUT BUTTER COOKIES	MACARONI/ CHEESE FRANKFURT CASSEROLE WHOLE GREEN BEANS RYE BREAD MARGARINE MILK ICE CREAM BAR	BAKED HAM BAKED POTATO SKINS SUMMER SQUASH FRENCH BREAD MARGARINE MILK RASBERRY TURNOVER	POT ROAST GRAVY BOILED POTATO CARROTS OATMEAL BREAD MARGARINE MILK SURPRISE CUPCAKES

WINTER MENU
WEEK I

BREAKFAST		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUNDAY							
POACHED EGG SPECIAL K CEREAL TOAST MARGARINE MILK BANANA	SCRAMBLED EGG RAISIN TOAST MARGARINE JELLY APPLE JUICE MILK	FRENCH TOAST WITH SYRUP RAISIN BRAN CEREAL MARGARINE MILK FRESH ORANGE	CHEESE OMLET ENGLISH MUFFIN JELLY MARGARINE PINEAPPLE JUICE MILK	OATMEAL PANCAKES W/ STRAWBERRIES SYRUP MILK BANANA	TOTAL CEREAL FRIED EGG W/ BACON WHEAT TOAST MARGARINE ORANGE JUICE MILK	MAYPO CEREAL EGGO WAFFLES SYRUP MARGARINE APPLE JUICE MILK	
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNCH
CHOICE OF: APPLE PANCAKES BAKED BEANS HOME FRIES SAUSAGE WHEAT TOAST MARGARINE SYRUP DONUTS ORANGE JUICE HOT CHOCOLATE MILK	STEAK AND CHEESE GRINDER RELISH TRAY/ CUCUMBERS CELERY CARROTS ONIONS TOMATOES FRESH PEAR MILK	VEGETABLE SOUP CHICKEN CUTLET ON ROLL MAYONAISE FRUITED GELATIN MILK	SYRIAN SAND- WICH OF MEAT & CHEESE LETTUCE & TOMATO FRENCH FRIES KETSUP MAYONAISE CANDIED APRICOTS MILK	FOOT LONG HOT DOG ON ROLL CHEESE CUBES POTATO CHIPS TOMATO JUICE MUSTARD RELISH BLUEBERRY COBBLER MILK	FISHWICH SANDWICH COLE SLAW TARTAR SAUCE FRESH FRUIT CUP MILK	CHOICE OF: HAM & CHEESE OMLET TATOR TOTS BLUEBERRY MUFFIN ENGLISH MUFFIN MARGARINE JELLY SLICED TOMATO AND LETTUCE MILK	
DINNER							
ROAST TURKEY STUFFING GRAVY MASHED POTATO BUTTERNUT SQUASH RYE BREAD MARGARINE MILK CHOICE OF PIE	BRAISED PORK CHOPS OVEN BROWNED POTATO SLICED BEETS WHEAT BREAD MARGARINE CHOCOLATE PUDDING WITH TOPPING MILK	VEAL PARMESAN ZITI WITH TOMATO SAUCE SALAD BAR GARLIC BREAD MARGARINE FRESH FRUIT BOWL MILK	BAKED HAM BAKED POTATO SKINS WITH SOUR CREAM MIXED VEGETABLES OATMEAL BREAD MARGARINE STRAWBERRY SHORTCAKE MILK	MEAT LOAF/ GRAVY WHIPPED POTATO WAX BEANS DINNER ROLLS MARGARINE APPLE CRISP MILK	FRIED CHICKEN FRENCH FRIES GREEN BEANS ALMONDINE WHITE BREAD MARGARINE FROSTED CUPCAKE MILK	AMERICAN CHOP SUEY MIXED GREEN SALAD DRESSING ITALIAN BREAD MARGARINE BANANA CREAM PIE MILK	

WINTER MENU
WEEK 11

BREAKFAST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPECIAL K CEREAL POACHED EGG TOAST MARGARINE MILK BANANA	SCRAMBLED EGG RAISIN TOAST MARGARINE APPLE JUICE MILK	RAISIN BRAN CEREAL FRENCH TOAST SYRUP MARGARINE MILK FRESH ORANGE	CHEESE OMLET ENGLISH MUFFIN MARGARINE PINEAPPLE JUICE MILK	PANCAKES W/ STRAWBERRIES OATMEAL SYRUP MARGARINE MILK BANANA	TOTAL CEREAL FRIED EGG BACON WHEAT TOAST MARGARINE ORANGE JUICE MILK	MAYPO CEREAL EGGO WAFFLES SYRUP MARGARINE MILK
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNCH
CHOICE OF: APPLE PANCAKES SYRUP BAKED BEANS HOME FRIES SAUSAGE WHEAT TOAST MARGARINE DONUTS ORANGE JUICE HOT CHOCOLATE MILK	HOT PASTRAMI ON BULKIE SPINACH AND MANDARIN ORANGE SALAD MELON WEDGE	GRILLED HAM & CHEESE SAND- WICH CORN ON COB BAKED APPLE MILK	CLEAR TOMATO SOUP TUNA GRINDER W/ LETTUCE TOMATO AND ONION BLUEBERRY COBBLER MILK	CHEESE PEPPERONI PIZZA ANTIPASTO FRESH PEACH MILK	HAMBURGER ON ROLL PICKLES PINEAPPLE JUICE CITRUS SECTIONS MILK	CHOICE OF: HAM & CHEESE OMLET TATOR TOTS SLICED TOMATO & LETTUCE BLUEBERRY MUFFIN ENGLISH MUFFIN JELLY MARGERINE FRESH FRUIT MILK
DINNER						
ROAST BEEF GRAVY ROAST POTATO GREEN PEAS WHOLE WHEAT ROLL MARGARINE ICE CREAM W/ STRAWBERRIES MILK	HOT TURKEY SANDWICH MASHED POTATO SLICED BEETS MARGARINE OATMEAL COOKIES MILK	BEEF STEW HOT BISCUITS MARGARINE WHITE CAKE W/ FROSTING MILK	KNOCKWURST BOILED POTATO CARROTS WHITE BREAD MARGARINE BROWNIE MILK	BAKED CHICKEN FLAVORED RICE CORN OATMEAL BREAD MARGARINE SHERBET MILK	FRIED CLAMS FRENCH FRIES LETTUCE WEDGE DINNER ROLL MARGARINE JELLO WITH TOPPING MILK	SPAGHETTI WITH SAUSAGE SALAD BAR GARLIC BREAD MARGARINE APPLE CAKE MILK

WINTER MENU
WEEK III

BREAKFAST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BANANA SPECIAL K CEREAL POACHED EGG TOAST MARGARINE MILK	APPLE JUICE SCRAMBLED EGG RAISIN TOAST MARGARINE JELLY MILK	FRESH ORANGE RAISIN BRAN CEREAL FRENCH TOAST SYRUP MARGARINE MILK	PINEAPPLE JUICE CHEESE OMLET ENGLISH MUFFIN MARGARINE JELLY MILK	BANANA OATMEAL PANCAKES W/ STRAWBERRIES SYRUP MARGARINE MILK	ORANGE JUICE TOTAL CEREAL FRIED EGG W/ BACON WHEAT TOAST MARGARINE MILK	APPLE JUICE MAYPO CEREAL EGGO WAFFLES SYRUP MARGARINE MILK
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNCH
ORANGE JUICE CHOICE OF: APPLE PANCAKES SAUSAGE BAKED BEANS HOME FRIES WHEAT TOAST DONUTS MARGARINE SYRUP HOT CHOCOLATE MILK	GRILLED HOT DOG/ROLL POTATO CHIPS TOMATO STUFFED W/COTTAGE CHEESE CANTALOUPE MILK	CRANAPPLE JUICE TACOS FRENCH FRIES FRESH APPLE MILK	TUNA MELTS TOSSED SALAD CHOICE OF DRESSING FRUIT COCKTAIL MILK	CHICHEN NOODLE SOUP PEPPER & EGG GRINDER MARINATED TOMATOES & CUCUMBERS TANGARINE MILK	HAM AND CHEESE QUICHE SPINACH SALAD WITH CROUTON WHOLE WHEAT ROLLS MARGARINE FRESH FRUIT BOWL MILK	FRESH FRUIT CHOICE OF: HAM & CHEESE OMLET TATOR TOTS SLICED TOMATO AND LETTUCE BLUEBERRY MUFFIN ENGLISH MUFFIN MARGARINE JELLY MILK
DINNER						
ROAST LAMB GRAVY WHOLE IRISH POTATOES WAX BEANS DINNER ROLLS MARGARINE CHOCOLATE PUDDING MILK	BEEF STROGANOFF EGG NOODLES GREEN PEAS RYE BREAD MARGARINE PEACH SHORT- CAKE MILK	BBQ SPARE RIBS OVEN BROWNED POTATOES BABY BEETS WHEAT BREAD MARGARINE CHOCOLATE CHIP COOKIES MILK	CHEESE LASAGNA SALAD BAR FRENCH BREAD MARGARINE FRUITED GELATIN MILK	GLAZED CHICKEN BAKED POTATO ZUCCHINI/ TOMATO CASSEROLE WHITE BREAD MARGARINE BUTTERS COTCH MILK	BAKED SUFFED FISH MASHED POTATO GREEN BEANS ASSORTED BREAD MARGARINE GINGERBREAD W/ WHIPPED CREAM MILK	BEEF TERIYAKI FLAVORED RICE CARROTS BREAD STIX MARGARINE TOP YOUR OWN SUNDAE MILK

WINTER MENU
WEEK IV

BREAKFAST		WEDNESDAY						SATURDAY					
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
POACHED EGG SPECIAL K CEREAL TOAST MARGARINE BANANA MILK	SCRAMBLED EGG RAISIN TOAST MARGARINE JELLY APPLE JUICE MILK	RAISIN BRAN CEREAL FRENCH TOAST SYRUP MARGARINE FRESH ORANGE MILK	CHEESE OMLET ENGLISH MUFFIN MARGARINE JELLY PINEAPPLE JUICE MILK	OATMEAL PANCAKES W/ STRAWBERRIES SYRUP MARGARINE BANANA MILK	TOTAL CEREAL FRIED EGG BACON WHEAT TOAST MARGARINE ORANGE JUICE MILK	MAYPO CEREAL EGGO WAFFLES SYRUP MARGARINE APPLE JUICE MILK							
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNCH							
CHOICE OF: APPLE PANCAKES SAUSAGE BAKED BEANS HOME FRIES WHEAT TOAST SYRUP MARGARINE DONUTS ORANGE JUICE HOT CHOCOLATE MILK	MEAT BALL GRINDER SALAD BAR CINNAMON APPLE SAUCE MILK	GRILLED CHEESE SANDWICH CARROT STIX HONEYDEW MELLON CRANBERRY JUICE MILK	VEGETABLE BEEF SOUP BOLOGNA SANDWICH ON RYE FRESH ORANGE MILK	TURKEY, LETTUCE & TOMATO ON ROLL FRENCH FRIES PICKLES CANNED PEACHES MILK	HOT CHILE MIXED GREEN SALAD WITH CHOICE OF DRESSING FRUIT CUP MILK	CHOICE OF: HAM & CHEESE OMLET TATOR TOTS SLICED TOMATO & LETTUCE ENGLISH MUFFIN BLUEBERRY MUFFIN JELLY MARGARINE FRESH FRUIT MILK							
DINNER													
BAKED HAM WHIPPED POTATO ASPARAGUS WINTER SQUASH WHITE BREAD MARGARINE CHOCOLATE FROSTED CAKE MILK	CHICKEN CHOW MEIN NOODLES SNOW PEAS WHEAT BREAD MARGARINE CHIFFON PIE MILK	SHEPARD'S PIE (LAMB, GRAVY, VEGETABLES) MASHED POTATO CRUST BROCCOLI RYE BREAD MARGARINE BUTTERSCOTCH PUDDING WITH TOPPING MILK	EGGPLANT PARMESAN ANTIPASTO GARLIC BREAD MARGARINE PEANUT BUTTER COOKIES MILK	MACARONI, FRANKS & CHEESE CASSEROLE WHOLE GREEN BEANS DINNER ROLL MARGARINE ICE CREAM CONE MILK	FRIED FISH BAKED POTATO SKINS WALDORF SALAD FRENCH BREAD MARGARINE RASBERRY TURNOVER MILK	CORNEB BEEF BOILED POTATO CARROTS CABBAGE OATMEAL BREAD MARGARINE SURPRISE CUPCAKES MILK							

MENU CHANGES

POLICY: MENUS MAY BE CHANGED WHEN NECESSARY AT THE DISCRETION OF THE SUPERVISOR OF CAFETERIA.

PROCEDURE: THESE SUMMER AND WINTER MENUS HAVE BEEN PLANNED BASED ON CYCLE MENUS NOW IN USE IN D.Y.S. FACILITIES. MENUS MAY BE CHANGED TO MEET THE NEEDS OF THE INDIVIDUAL FACILITIES PROVIDING THE ORIGINAL FOOD GROUPS (CEREAL, FRUIT, MEAT, VEGETABLES, ETC.) ARE RETAINED AND THE REQUIREMENTS OF THE NATIONAL SCHOOL LUNCH AND BREAK-FAST PROGRAM ARE MET.

SUGGESTIONS FOR SUBSTITUTE MENUS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SPECIAL K POACHED EGG TOAST MARGARINE MILK BANANA	SCRAMBLED EGG RAISIN TOAST MARGARINE JELLY APPLE JUICE MILK	FRENCH TOAST SYRUP RAISIN BRAN MARGARINE ORANGE JUICE MILK	CHEESE OMLET ENGLISH MUFFIN MARGARINE JELLY PINEAPPLE JUICE MILK	CORN FLAKES PANCAKES w/ STRAWBERRIES SYRUP MARGARINE MILK BANANA	TOTAL CEREAL FRIED EGG BACON WHEAT TOAST ORANGE JUICE MARGRAINE MILK	RICE KRISPIES EGGO WAFFLES SYRUP MARGARINE APPLE JUICE MILK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	COOK OUT
CHICKEN BBQ POTATO SALAD FRESH CORN WATERMELON LEMONADE	SEAFOOD SALAD ON CROISSANT ROLL CUCUMBER, ONION & SOUR CREAM SALAD PLUMS MILK	CHICKEN PIE W/BISQUICK CRUST SPINACH & EGG SALAD CRANBERRY SAUCE MILK FRUIT COMPOTE	BBQ BEEF ON BULKIE ROLL VEGETABLE RELISH PLATE CHILLED PEARS MILK	CHEESE SOUFFLE MARINATED TOMATO & LETTUCE FRESH APPLE MILK	MINESTRONE SOUP SALAD w/ COTTAGE CHEESE DINNER ROLL MARGARINE BANANA SPLIT FROSTED ANGEL CAKE MILK	HOT DOGS/ROLL HAMBURGER/ROLL MACARONI SALAD COLE SLAW LETTUCE & TOMATO FRESH FRUIT BOWL MILK
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
SHRIMP CREOLE ON FLUFFY RICE GREEN BEANS WHEAT ROLL MARGARINE MACARON COOKIES MILK	BEEF CUBE STEAK w/ GRAVY WHIPPED POTATO MIXED VEGETABLE RYE BREAD MARGARINE CHOCOLATE COATED BANANA MILK	HAM & BROCOLLI ROLL UP w/ CHEESE SAUCE OVEN BROWNED POTATO PINEAPPLE & CHERRY SALAD WHITE BREAD MARGARINE BREAD PUDDING MILK	CORN CHOWDER TRI SANDWICH PLATE (EGG SALAD, TUNA SALAD, CREAM CHEESE & OLIVE) CORN CHIPS LEMON MERINGUE PIE MILK	CHICKEN CACCIASTORE TOSSED SALAD GARLIC BREAD MARGARINE LIME SHERBET MILK	ROAST PORK & GRAVY DRESSING GREEN PEAS & MUSHROOMS WHITE BREAD MARGARINE LAYERED GELATIN DESERT MILK	HUNGARIAN GOULASH BUTTERED NOODLES JULIENNE CARROT CHEESE BREAD MARGARINE BLONDE BROWNIES MILK

CHICKEN SOUP
FRIED CHICKEN
FRIED RICE
GREEN BEANS
BREAD/MILK
CAKE

VEGETABLE SOUP
STUFFED CHICKEN BREAST
MASHED POTATOES AND GRAVY
BROCCOLI
BREAD/MILK
ICE CREAM

NOODLE SOUP
PEPPER STEAK
BOILED RICE
GREEN SALAD
BREAD/MILK
JELLO
KOOL-AID

ONION SOUP
CHICKEN ODOBO
RICE
CORN
BREAD/MILK
CAKE
FRUIT JUICE

VEGETABLE SOUP
PHILIPINO STYLE SPAGHETTI
GREEN SALAD
BREAD/MILK
ICE CREAM

ONION SOUP
EGG FOO YOUNG
FIRED RICE OR BOILED RICE
GREEN SALAD
BREAD/MILK
STAWBERRY SHORT-CAKE
LEMON AID

HOLIDAY MENUS

POLICY: Major holidays will be celebrated with special meals, decorations, table covers and napkins.

PROCEDURE: Specific menus will be offered to residents and staff members on major holidays (see next five pages). Appropriate table covers, napkins and decorations will also be used.

ETHNIC OR RELIGIOUS NEEDS

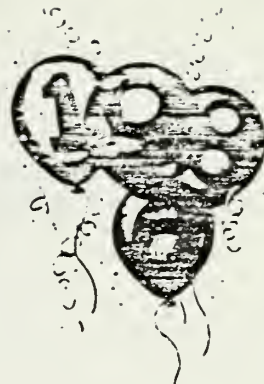
POLICY: Nutritionally adequate substitutions of the food components of these menus will be made to meet the ethnic or religious needs of the individual residents.

PROCEDURE: Traditional or required food items (ex. fish, Kisher food items, etc.) will be served as necessary to meet the ethnic or religious needs of current residents.

HOLIDAY MENUS
(continued)

NEW YEAR'S EVE

Apple juice cocktail
Antipasto
 Lasagna
 Meat Balls
 Sausage
 Italian Bread
 Margarine
 Sherbet
 Milk



NEW YEAR'S DAY

Roast Turkey with gravy
Whipped potato
Green Bean Casserole
Cranberry Orange Relish
 Rolls With butter
 Chocolate cake
 Milk

*Happy
New Year*

VALENTINE'S DAY

Roast Loin Of Pork
Oven Roasted Potatoes
Honey Glazed carrots
 Cinnamon Applesauce
 Whole wheat Bread
 Margarine
 Frosted Cupcake with candy heart garnish
 Chocolate Milk



HOLIDAY MENUS
(continued)

WASHINGTON'S BIRTHDAY DINNER

Chilled tomato juice
8 oz broiled steak
Baked potato with sour cream
Carrot Coins Tossed salad
Italian bread
Margarine
Cherry Pie
Milk

ST PATRICK'S DAY



Corned Beef
Cabbage
Boiled Potato
Carrots
Irish Bread
Butter
Chocolate pudding with green
tinted whipped cream
Milk



EASTER SUNDAY BRUNCH



Choice of tomato or grape juice
Sliced Baked Ham with pineapple
Au Gratin Potato
Baked Beans
Broccoli
Whole Baby Beets
Assorted muffins
Margarine - Jelly
Coffee, Tea or Milk

HOLIDAY MENUS
(continued)

MEMORIAL DAY

Fruit Punch
Shish ka bob
Rice Pilaf
Corn on the Cob
Garlic Bread
Margarine
Ice Cream Bars
Milk

Memorial Day
--

FOURTH OF JULY



COOKOUT

Chicken Patty on roll
BBQ frankfurt on roll
Potato Chips
Pickles
Garden Salad
Top Your Own Sundae-
Vanilla Ice Cream
Blueberry and Strawberry Topping
Milk
Soda



LABOR DAY

BARBEQUE

Barbequed Chicken legs
Foil Baked Potatoes
Salad Bar
Pecan Rolls
Margarine
Apple Turnovers with whipped topping
Milk

HOLIDAY MENUS
(continued)

HALLOWEEN SUPPER



Cheeseburgers Hot Dogs
 French Fries
 Fried onion rings
 Lettuce, tomato & cucumbers

Orange jello Chocolate Frosted Brownie
 Chocolate milk
 Candy corn

Evening snack:
 Cider and donuts

THANKSGIVING DINNER



Cranberry orange slush
Roast Stuffed turkey with gravy
Whipped potato
Butternut squash Green Peas
 Cranberry sauce
 Stuffed celery
 Hot rolls with butter
Apple pie Pumpkin pie
 Cider
 Milk
Nuts Dinner mints
Fresh Fruit Display



HOLIDAY MENUS
(continued)

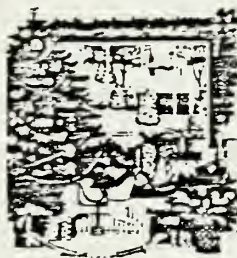
CHRISTMAS EVE

Chilled cranberry juice
8 oz. Broiled steak
Steak house fries
Fresh salad bar
Dinner rolls
Margarine
Make your own Sundae
Milk

Merry
Christmas

CHRISTMAS DINNER

Baked ham/ raisin sauce	Fresh fruit cup	Roast Beef/ gravy
	Mashed potato	
	Green beans	
	French bread	
	margarine	
	Strawberry Chiffon Pie	
	Milk Coffee	
	Dinner Mints	



PANCAKES

Lennox Dickson Judge Connolly Youth Center
Roslindale

10 lb. flour
4 lb. white cake mix
2 dozen eggs
8 oz. Baking Powder
1 oz. salt
2 lb. sugar
4 oz. vanilla extract
6 oz. vegetable oil

Milk to consistency you want approximately 2 gallons.

Mix well . Makes 300 pancakes

HAMBURGERS

Lennox Dickson - Judge Connolly Youth Center
Roslindale

15 lb. Hamburg
2 large onions DICED
6 oz. relish
8 oz. Tomato puree
2 oz. garlic powder
2 oz. celery powder
10 eggs

Mix well and make into patties.43/60Z.hamburgers

Spaghetti

Ingredients

Pork
Celery
Carrots
Cabbage
Worcestershire Sauce
Lemon
Garlic
Onion
Salt/Pepper

Cook Spaghetti (separately)
Cook Pork (separately)
Chop garlic and cook with pork

Chop carrots and sautee
Chop Cabbage and sautee
Chop celery and sautee
Chop onion and sautee

Sautee the vegetables separately
When everything is cooked blend together add lemon, salt, pepper and Worcestershire Sauce

Fried Rice

Ingredients

Rice
Chicken or Pork
Onion
Garlic
Salt, pepper
Worcestershire Sauce
Soy Sauce

Boil Rice
Cook chicken or pork, cook garlic with meat
Sautee onion,

Add everything together, add Worcestershire sauce and Soy Sauce

NFI SHELTER CARE

GLENN MAURER'S DELICIOUS RECIPE FOR CORN CHOWDER

(25 SERVINGS)

YOU WILL NEED

6 Large potatoes- diced
1 Large Spanish onion
3/4 lb Butter
1 1/2 to 2 cups All Purpose Flour
5 Large cans Cream Style Corn
1/2 Gallon Milk (hot)
Salt- To taste
Pepper- To taste
Accent- To taste

Boil potatoes until almost cooked. Drain and set aside.
Saute onions in butter in a large pot. Add Flour to the butter and onions a little at a time till a thick paste forms. Cook for about 2 minutes on low heat while stirring. Add hot milk (a little at a time) and stir with a wire whip. Stir in cream style corn and cooked potatoes.

Add salt, pepper, and accent to taste. You may not need the full 1/2 gallon of milk; depending on how thick you want the soup to be.

Metropolitan Youth Service Center

submitted by: Jose Ylizaliturri

6 green peppers - chopped
3 onions - chopped
1 oz. granulated garlic
1 #10 tomatoes can crushed
1 lbs paprika
1 loaf white bread
1/2 gal. b.b.q. sauce
18 beef or pork cans
sautee peppers, onions & garlic
open and drain meat
add to the onions and peppers
skin, all grease from top
add paprika, simmer for a few minutes
add b.b.q. sauce
slice all brown outside of the bread
add a little water to the white bread
and dissolved with you hand
add to the meat
mix thoroughly and simmer for a few
minutes
serve hot on a bun or over rice

80 6oz. servings
beef or pork in a can government commodities

Chicken Rice Teriyaki

By Chef Manager, Howard Bunkley

Hillside Shelter Care

INGREDIENTS

7 lbs. Rice
6 Large Onions-Diced
20 lbs. Chicken Wings
4 lbs Mixed Frozen Vegetables
1½ quarts of Teriyaki Sauue

METHOD

1. Bake the Chicken Wings at 375° until done.
2. Saute the Onions in Vegetable Oil until brown.
3. Cook the Rice until fluffy.
- 4 After the above ingredients are cooked place in a large hotel pan.
 - A. Add the Frozen Mixed Vegetables.
 - B. Add the Teriyaki Sauce.
 - C. Mix all the ingredients together and bake at 300° for 45 minutes.

HB/lmf

Department of Youth Services

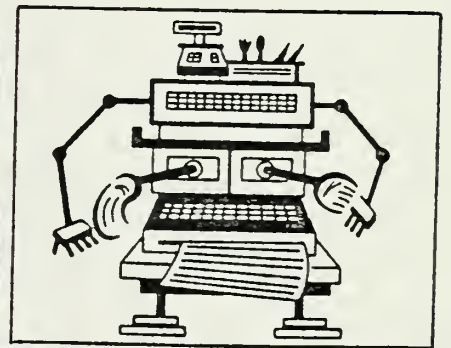
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Boston, Massachusetts 02114

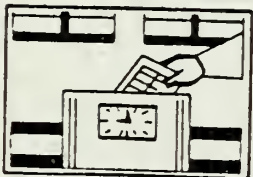
Food Management

Some are small,
some are big,
some are practical,
some are provocative...
and they're all in

IDEAS



IDEAS
IDEAS
IDEAS



IDEAS

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IDEAS



IDEAS
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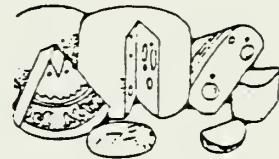
REQUIREMENTS OF
SCHOOL LUNCH
PROGRAM

"OFFER VERSUS SERVE" PROVISION

POLICY: To meet the requirements of the National School Lunch program, residents will be offered a minimum of five food items daily at lunch and dinner and will be required to accept at least three of these items.

PROCEDURE:

The Food Service Manager (or appointed representative) will oversee the serving of each meal and encourage student acceptance of at least three food items.



MILK

POLICY: In accordance with regulations of the National School Lunch and Breakfast Program and the recommendations of the Dietary Guidelines for Americans, an unflavored form of fluid low fat or skim milk will be offered at all meals.

PROCEDURE: Fluid low fat milk and whole milk will be available for resident selection at mealtime.

PORTION SIZES

POLICY: Standard portions sizes are used when serving food to residents. Second portions are available on request providing individual resident has no dietary restrictions.

PROCEDURE:

The following portion sizes are used unless special dietary requirements demand otherwise or unless specifically stated on menu.

Beverages (hot).....	7 ounces
Beverages (cold)	
Juices.....	4 "
Milk.....	16 "
Cereal (hot).....	6 "
(ready to eat).....	1 " (1½ cups)
Desserts	
Puddings, custard, jello, ice cream.	4 "
Pie.....	1/8 of 9 inch pie
Cake.....	4 inch square
Egg.....	1
Fruit.....	½ cup or 1 medium
Meat or Meat substitute.....	4 ounces
Potato or substitute.....	½ cup or 1 medium
Vegatable.....	½ cup

SOURCES OF VITAMIN A AND VITAMIN C
AND IRON

POLICY: To help assure that all lunches meet the nutritional goals of the National School Lunch and Breakfast Program, the following will be served:

- a) a fruit or vegetable source of Vitamin A at least twice a week
- b) a fruit or vegetable source of Vitamin C two or three times a week
- c) several sources of iron each day.

PROCEDURE:

The four week cycle menu has been planned to include the above. (see next page)

SOURCES OF VITAMIN A, VITAMIN C
AND IRON

<u>WEEK 1</u>	<u>Vitamin A source</u>	<u>Vitamin C source</u>
MONDAY	Carrots & tomatoes in relish tray	
WEDNESDAY	Apricots Tomatoes on sandwich	Tomatoes on sandwich
THURSDAY	Tomato juice	Tomato juice
FRIDAY		Cole slaw

<u>WEEK 11</u>		
MONDAY	Spinach	Spinach
THURSDAY	Fresh Peach	Honeydew melon wedge
FRIDAY		Pineapple juice Citrus sections

<u>WEEK 111</u>		
MONDAY	Tomato Cantaloupe	Tomato Cantaloup
WEDNESDAY	Marinated tomatoes	Marinated tomatoes
FRIDAY	Spinach	Spinach

<u>WEEK 1V</u>		
TUESDAY	Carrot stick	Honeydew melon
WEDNESDAY	Mixed vegetables in soup	Fresh orange

IRON SOURCE

Food sources of iron; meats, enriched and wholegrain breads and certain fruits and vegetables are used several times daily with this four week menu cycle.

SOURCES OF VITAMIN A, VITAMIN C
AND IRON

SUMMER MENU

WEEK 1

Vitamin A source

Vitamin C source

MONDAY

Cherries

TUESDAY

Nectarine

THURSDAY

Tomato Juice
Sliced Tomato

Tomato Juice
Sliced Tomato

SATURDAY

Cole Slaw(cabbage)
Oranges in fresh
fruit bowl

WEEK 11

MONDAY

Fresh Peach

WEDNESDAY

Citrus Sections

THURSDAY

Cherry Tomatoes

Cherry Tomatoes

SATURDAY

Cole Slaw (cabbage)

WEEK 111

MONDAY

Pineapple juice

WEDNESDAY

Spinach salad

Spinach salad

THURSDAY

Cantaloupe

Cantaloupe

SATURDAY

Cole Slaw (cabbage)

WEEK 1V

MONDAY

Tomato
Carrot Stix
Peach

Tomato

TUESDAY

Orange

WEDNESDAY

Honeydew Melon

THURSDAY

Strawberries

SATURDAY

Cole Slaw (cabbage)

IRON SOURCE

Food sources of iron: meats, enriched and wholegrain breads and certain fruits and vegetables are used several times daily in this menu cycle

FOOD SERVICE PROGRAM

KITCHEN

MEAL SCHEDULING POLICY

THREE (3) MEALS SHALL BE PROVIDED FOR RESIDENTS EACH DAY. AT LEAST TWO (2) OF THESE MEALS SHALL BE HOT MEALS. THE MEALS WILL BE SCHEDULED SO THAT NO INTERIM PERIOD SHALL EXCEED THIRTEEN (13) HOURS. SNACKS WILL BE PROVIDED EACH EVENING TO INSURE THIS. SNACKS ARE ALLOWED TO BE SERVED ON THE FLOOR.

THE MEAL SCHEDULE WILL BE ALTERED ON WEEKENDS AND HOLIDAYS TO PROVIDE A CHANGE OF PACE FOR THE RESIDENTS. HOWEVER, THE PRECEDING GUIDELINES MUST BE ADHERED TO.

1. ALL FLOOR STAFF WILL BE SEATED WITH RESIDENTS AT ALL MEALS.

2. BREAKFAST WILL BE SERVED NOT BEFORE 7:30 a.m.
7:30 a.m. - 8:00 a.m.
8:00 a.m. - 8:30 a.m.
8:30 a.m. - 9:00 a.m.

3. NOON LUNCH WILL BE SERVED NOT BEFORE 11:30 a.m.
11:30 a.m. - 12:00 p.m.
12:00 p.m. - 12:30 p.m.
12:30 p.m. - 1:00 p.m.

4. DINNER WILL BE SERVED NOT BEFORE 5:00 p.m.
5:00 p.m. - 5:30 p.m.
5:30 p.m. - 6:00 p.m.
6:00 p.m. - 6:30 p.m.

5. SATURDAY AND SUNDAY BRUNCH NOT BEFORE 10:00 a.m.
10:00 a.m. - 10:45 a.m.
(or regular Breakfast 10:45 a.m. - 11:30 a.m.
Schedule #2) 11:30 a.m. - 12:15 p.m.

Evening meal on 5:00 p.m.
Saturday and Sunday 5:30 p.m.
6:00 p.m.

The responsibilities for the above ... Supervisor of Cafeteria, First Cook on early morning shift, and First Cook on the evening shift.

"Sepcial occasion meals will last longer - 45 minutes"

BOX LUNCH

POLICY: TO PROVIDE VARIETY AT MEALTIME AND EDUCATE RESIDENTS IN DIFFERENT WAYS OF MEETING THEIR NUTRITIONAL NEEDS, A BOX LUNCH WILL BE SERVED WEEKLY DURING THE SUMMER MONTHS.

PROCEDURE: A BOX LUNCH WILL BE PLANNED TO MEET THE REQUIREMENTS OF THE NATIONAL SCHOOL LUNCH PROGRAM (SEE NEXT PAGE) AND SERVED EACH TUESDAY AT THE NOON MEAL. FRUIT PLANNED FOR EACH WEEKS' BOX LUNCH HAS BEEN CHOSEN FOR ITS VITAMIN CONTENT. IF SUBSTITUTION IS NECESSARY, A FRUIT OF SIMILAR VITAMIN CONTENT WILL BE CHOSEN (SEE PAGE)

SUGAR, SALT, FAT CONTENT OF MEALS

POLICY: Moderate amounts of sugar, salt, and fat will be served residents in compliance with the recommendation published in Dietary Guidelines for Americans

PROCEDURE:

Adherence to the following standards is required:

Unsweetened or "no sugar added" fruit juices will be served at all times.

Fresh fruits will be served whenever possible. Unsweetened or "no sugar added" canned fruit will be used when fresh fruit is unavailable or when stated specifically on the menu.

Fresh vegetables will be used whenever possible. Frozen vegetables will be used when fresh vegetables are not readily available. No salt will be added to vegetables during preparation.

These menus have been planned to provide moderate amounts of fats. Meats will be broiled or roasted whenever possible. Vegetables may have small amounts of butter or margarine added prior to serving. Desserts will be prepared with low fat or skim milk whenever this can be done without altering the finished product.

FOOD SERVICE PROGRAM

STAFF POLICY

1. ALL STAFF WISHING TO PARTAKE OF THE DINING ROOM FOOD SHALL PURCHASE MEAL TICKETS. (SEE MEAL TICKET POLICY). NO PORTION OF A PARTICULAR STATE MEAL MAY BE OBTAINED WITHOUT THE PURCHASE OF A MEAL TICKET.
2. ALL MEALS PURCHASED VIA THE MEAL TICKET POLICY MUST BE CONSUMED WITHIN THE DINING ROOM AREA.
3. LINE STAFF CHOOSING TO BRING NON-FACILITY FOOD MAY CONSUME SUCH FOOD WITHIN THE CONFINES OF THE DINING ROOM.

ALL OTHER STAFF ARE ENCOURAGED TO CONSUME NON-FACILITY FOOD IN THE VISITORS ROOM, HOWEVER, PROGRAM STAFF (NOT INCLUDING CENTRAL SERVICE STAFF) MAY CONSUME NON-FACILITY FOOD IN DESIGNATED EATING AREAS IN EACH UNIT, AT THE DIRECTION AND DISCRETION OF PROGRAM DIRECTORS.



EDWARD J. LOUGHRAN
Commissioner

The Commonwealth of Massachusetts

Executive Office of Human Services

Department of Youth Services

150 Causeway Street

Boston, Massachusetts 02114

Area Code (617)
727-7575

MEMORANDUM

TO: Margo Casey, Assistant Commissioner,
Bureau of Facility Operations

Facility Administrators

Secure Treatment Directors

Secure Detention Directors

Shelter Care Directors

FROM: Edward J. Loughran, Commissioner

DATE: January 21, 1987

SUBJECT: Meal Payment Exemption

I am pleased to announce that the current policy requiring DYS employees and contracted employees to pay for meals in Department facilities has been revised.

Effective January 25, 1987 the regulation which requires all employees to purchase meal tickets when dining in Department of Youth Services' cafeterias will be as follows: Employees of the Department of Youth Services or of a contracted program will not be required to purchase meal tickets when the individual is dining with a DYS client in the course of his or her responsibilities. Department of Youth Services' employees or contracted employees not dining with clients are required to pay for meals.

This welcomed revision comes only as a result of close cooperation with the State Office of Employee Relations and AFSCME, Council 93.

EJL/las

FOOD SERVICE PROGRAM

KITCHEN AND

DINING ROOM POLICY

1. ALL MEALS FOR RESIDENTS WILL BE SERVED IN THE DINING ROOM, UNLESS FOR REASONS OF HEALTH, SAFETY, OR SECURITY THE RESIDENT CANNOT BE ALLOWED INTO THE DINING AREA. WHEN IT IS NECESSARY, MEALS SERVED IN ROOMS, SHALL COMPLY TO THE SAME STANDARDS AS THOSE SERVED IN THE DINING ROOM WITH PARTICULAR REGARDS TO FRESHNESS AND TEMPERATURE. (PAPER PLATES AND PLASTIC UTENSILS WILL BE SERVED.)
2. THE DINING ROOM SHALL BE FURNISHED WITH AMPLE SEATING ARRANGEMENTS AND TABLE SPACE TO ACCOMODATE ALL RESIDENTS EATING AT ANY PARTICULAR TIME.
3. THE ATMOSPHERE OF THE DINING ROOM SHALL BE ONE CONDUCTIVE TO PLEASANT DINING CONDITIONS. NO RADIOS ARE PERMITTED, AND CONVERSATION SHOULD BE KEPT TO A LOW LEVEL DURING MEAL TIMES.
4. THE DINING AREA SHALL BE CLEANED AND SANITIZED AFTER THE FINAL MEAL.
5. INDIVIDUAL RESIDENTIAL PROGRAMS ARE RESPONSIBLE FOR THE DISTRIBUTION AND COLLECTION OF ALL RESIDENT SILVERWARE. AN ACCURATE COUNT OF SILVERWARE AT THE TIME OF DISTRIBUTION FOR EACH MEAL AND A CORRESPONDING ACCOUNT FOR COLLECTION AND RETURN IS THE RESPONSIBILITY OF EACH RESIDENTIAL PROGRAM. ALL STAFF SILVERWARE, I.E. FLOOR STAFF, EDUCATION STAFF, MAINTENANCE STAFF, MEDICAL STAFF, ADMINISTRATIVE STAFF AND ALL VISITORS WILL BE DRAWN INDIVIDUALLY FROM THE FIRST COOK ON DUTY AND ALL SAID SILVERWARE WILL BE DEPOSITED IN A SEPARATE RECEPTACLE UNDER THE DIRECTION OF THE FIRST COOK ON DUTY.
6. RESIDENTS MUST BE PROPERLY DRESSED FOR ALL MEALS (SHIRTS, LONG/LEGGED TROUSERS, FOOTWEAR.)
7. RESIDENTS WILL BE ESCORTED TO AND FROM THE DINING AREA IN A QUIET AND ORDERLY FASHION WITH ONE STAFF AT THE HEAD OF THE LINE, ONE STAFF IN THE MIDDLE OF THE LINE AND ONE STAFF BRINGING UP THE REAR. A HEAD COUNT MUST BE MADE PRIOR TO ENTERING THE DINING ROOM, UPON ARRIVAL IN THE DINING AREA, AND UPON RETURNING TO DESIGNATED AREA. THESE COUNTS MUST BE LOGGED.
8. INDIVIDUAL RESIDENTIAL PROGRAMS SHALL DINE SEPARATELY ON ALL OCCASIONS UNLESS THIS ARTICLE IS SPECIFICALLY WAIVED BY THE STATE FOOD SERVICE COORDINATOR. SUCH A WAIVER AS ABOVE WOULD BE EXERCISED ON MAJOR HOLIDAYS.
9. RESIDENTS WILL REMAIN SEATED THROUGHOUT THE MEAL UNLESS STAFF GRANTS VERBAL PERMISSION TO DO OTHERWISE. (ONE UP AT A TIME).
10. RESIDENTS ARE RESPONSIBLE FOR RETURNING THEIR TRAYS AND FOR CLEARING THEIR TABLE AREAS IN AN ORDERLY MANNER. ALL SILVERWARE WILL BE PLACED IN SILVERWARE CONTAINERS IN TRAY WINDOW AREA. A COUNT WILL BE TAKEN BY LINE STAFF. (AS FOR THE COLLECTION OF RESIDENT SILVERWARE SEE PAGE 3/ARTICLE 5). PROPER UTENSILS WILL BE USED BY RESIDENTS WITH EACH MEAL.
11. RESIDENTS MAY DINE IN THE SEAT OF THEIR CHOICE WITHIN THE DINING ROOM AREA. SIMILARLY STAFF MAY DINE WHERE THEY CHOOSE. ALL MEALS MUST BE CONSUMED AT ONE OF THE DINING SPACES.
12. SHIFT ADMINISTRATORS OR ASSISTANT SHIFT ADMINISTRATORS WILL BE RESPONSIBLE FOR IMPLEMENTATION OF THIS PROCEDURE.

